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Aug. 1 Draw Winners: Fiona L. from Edmonton, Paige H. from Red Deer, Ellery T. from Calgary
Sept. 1 Draw Winners: Emily J. from Sherwood Park, Preston H. from Edson, Sandy P. from Calgary
Oct. 1 Draw Winners: Cassi S. from Edmonton, Walter A. from Calgary, Karen P. from Okotoks

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Everybody's Talking

River road: A road in China is known as the River Highway for good reason. It was built in the middle of the Xiangxi River. Another highway snakes along the edge of this river, but a bigger one was needed. Rather than blasting a lot of rock and making tunnels in this mountainous region, engineers decided putting the new, 6.8-mile (10.9-km) road above the water would be less expensive. Another benefit is that people who live on the shoreline did not have to be displaced. The highway allows people in Xingshan County in Hubei to connect with a high-speed route to Shanghai, cutting the travel time. The amazing infrastructure has become a tourist attraction.

Pack dog: A regular canine pooch doesn't often join a pack of coyotes, but that's what happened in the town of Henderson near Las Vegas, Nevada (U.S.). His fur is all white, so he was dubbed "Ghost" by witnesses, who had spotted him running with the pack for several months. Some folks tried to catch and rescue him, but were unsuccessful. Then one night they noticed he had a limp and they were afraid that the pack would turn on him. Trappers were called in, and with the help of locals who knew Ghost's routes through the bush, caught the dog. Ghost has a great disposition and his caretakers are eager to find him a human family.

Rooftop homes: The rooftop of a 10-story mall in Jakarta, Indonesia, is home to a unique infrastructure project: a suburb with 78 single family homes, paved streets, and green areas. Although rooftops have long been used for gardens and pools, building a subdivision way up there is something different. Jakarta is densely populated and is running out of land, so the developer created Cosmo Park on the roof of Thamrin City Mall. Residents use a ramp to drive to their homes and park in their own driveways, and there's a fence around the perimeter for safety. People love it, claiming that their kids can ride their bikes safely through the streets and the elderly can go for walks.

Unusual tattoo artist: This sounds like a case of "monkey see, monkey do." Social influencer Funky Matas of Venezuela has let one of those little primates give him a permanent knee tattoo. Matas already had over 200 tattoos, and this added one more. For the stunt, he went to Mexico where he found monkey trainers and a tattoo shop with an owner who would allow a monkey to use his equipment. Within a couple of hours, with monkey trainers at the helm, the chosen animal learned how to use a tattoo gun. Matas chose the design and, although the result was not perfect, the feat revealed how smart these animals are.

Quoteable Quotes

"Weeds are flowers, too, once you get to know them." —A.A. Milne
"Passion is energy. Feel the power that comes from focusing on what excites you." —Oprah Winfrey

What's Happening

Nov 21 - Seniors Night Come out for a meet and greet. Bring a friend, meet a friend, be a friend! Join us for a complimentary drink and pastry. Have a visit and enjoy an evening out. Mini Green Havens, 8520 Manning Ave, Fort McMurray. Call 587-276-1971 for more info

Ongoing - Seniors Walk in Anzac Every Tuesday Thursday from 11:00am-1:00pm Seniors can walk the track at no charge with complimentary coffee tea service! 237 Stony Mountain Rd, Anzac AB T0P1J0. Call 780-334-2424 for more info

Ongoing - Tuesday Yoga Join Tuesday Yoga at Cherry Grove Hall. Every Tuesday starting at 7pm, 5011 50A Ave, Cherry Grove. \$10/class Contact Sarah 780-201-2479 for more info

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Trivia

1. Cytology is the study of cyberspace, cells, or cysts?
2. A devotee or performer of the 1940s swing era was called a ___ cat.
3. The Hebrides islands are part of Greece, Scotland, or Canada?
4. On weather maps, this line indicates barometric pressure.
5. An equilibrist performs feats of what?

(Flip bottom of page for answers)

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Recipe of the month


Pumpkin Doughnut Drops

2 large eggs	3 teaspoons baking powder
1-1/4 cups sugar	1/2 teaspoon salt
2 tablespoons shortening	1/2 teaspoon ground cinnamon
1 cup canned pumpkin	1/2 teaspoon ground nutmeg
2 teaspoons white vinegar	1/2 cup lemon-lime soda
1 teaspoon vanilla extract	Oil for deep-fat frying
3 cups all-purpose flour	
1/2 cup nonfat dry milk powder	Additional sugar

Prep Time: 10 min. Cook: 5 min./batch Yield: 7 dozen

- 1 In a large bowl, beat eggs, sugar and shortening until blended. Beat in pumpkin, vinegar and vanilla. In another bowl, whisk together flour, milk powder, baking powder, salt and spices. Add to egg mixture alternately with soda, beating after each addition.
- 2 In a deep cast-iron skillet or deep-fat fryer, heat oil to 375°. Drop teaspoonfuls of batter, a few at a time, into hot oil. Fry until golden brown, about 1 minute per side. Drain on paper towels. Roll in additional sugar while warm.

Source: <https://www.tasteofhome.com>



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Your Weekly Horoscope


ARIES
 (March 20 - April 19)

If you find an old trauma surfacing in your life, reach for a way to positively adjust your view of it. Look to your values for options to resolve the issue. Lucky numbers: 3, 4, 24, 27, 45, 46.




TAURUS
 (April 20 - May 20)

Look back six months to any efforts you started then. Are they showing enough progress to continue them? If not, perhaps you should consider changing or dropping them. Lucky numbers: 1, 7, 8, 18, 26, 44.




GEMINI
 (May 21 - June 20)

Geminis sometimes feel pulled in two different directions when considering an issue. This week you may see a new opportunity that could help you decide, so keep your eyes open. Lucky numbers: 3, 12, 30, 31, 33, 37.




CANCER
 (June 21 - July 21)

At week's end, you may experience fluctuating emotions for a few days. If you seek it, you may find a grounded energy that could reduce the stress during this period. Lucky numbers: 2, 4, 17, 35, 38, 39.




LEO
 (July 22 - Aug. 22)

Are you in conflict with another regarding your values or beliefs? Can you both compromise, or do you have to agree to disagree? If the latter, what would be the implications? Lucky numbers: 3, 9, 27, 30, 31, 47.




VIRGO
 (Aug. 23 - Sept. 22)

Virgos often are grounded in practicality. However, you may look for an opportunity to incorporate more intuition into your life, which might be easier now than at other times. Lucky numbers: 1, 4, 7, 23, 29, 42.



LIBRA
 (Sept. 23 - Oct. 22)

At midweek, you may find that you are emotionally fed up with a relationship issue. If you choose to address the problem now, don't abandon your usual tact and diplomacy. Lucky numbers: 4, 12, 15, 16, 37, 45.



SCORPIO
 (Oct. 23 - Nov. 21)

This month the Sun will return to the position where it was when you were born. It may be a good time to plan and communicate your goals for the next year. Lucky numbers: 3, 10, 13, 14, 16, 38.



SAGITTARIUS
 (Nov. 22 - Dec. 20)

Things may be in flux and somewhat chaotic at week's end. Instead of immediately taking action, you might want to reflect on any needed adjustment in your view of the situation. Lucky numbers: 8, 9, 17, 26, 31, 46.




CAPRICORN
 (Dec. 21 - Jan. 19)

You may feel particularly confident this week about your beliefs and plans. Just be careful of being too stubborn if you encounter push back, and look for common ground. Lucky numbers: 1, 5, 8, 16, 43, 44.




AQUARIUS
 (Jan. 20 - Feb. 18)

You may run into an obstacle regarding something you are trying to achieve at the week's end. If you aren't successful in getting it resolved, perhaps you should wait a few days. Lucky numbers: 4, 12, 20, 24, 30, 44.



PISCES
 (Feb. 19 - March 19)

Six months ago began a two-year period of building structure for your ideals. Now may be a good time to tap into your intuition to assess progress and make corrections. Lucky numbers: 15, 17, 20, 23, 24, 30.



Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 3.

Did You Know...

Noted study: Music is amazing to many people. Those who study its role in culture, including how and why people create music, are called ethnomusicologists.

Dove tale: The lamenting "coo" of the mourning dove is hard to miss. These birds nest in trees and can be seen perching in various spots, such as telephone wires. They peck around on the ground to find seeds to eat.

Symbolic action: From the White House on May 1, 1931, U.S. President Herbert Hoover symbolically flicked on the lights of New York City's new Empire State Building. Actually, someone onsite switched them on.

Legend revived: The legend of the Loch Ness Monster has been around since at least Roman times. In 1933, the legend resurfaced when a couple reported seeing a huge, dragon-like animal in the loch's waters.

Say it right: In the U.S. state of Arkansas, mispronouncing the state name is against the law. The final "s" is silent and the last syllable sounds like "saw." But don't worry, this "crime" has no punishment.

On the Lighter Side

I've just invented a new word: Plagiarism.

Diner: "Waiter, could you call me a taxi?"
 Waiter: "Certainly. You are a taxi."

Knock! Knock! Who's there? Arnold. Arnold who? Arnold friend you haven't seen in years!

One elevator to another: I think I'm coming down with something.

How do dog catchers get paid? By the pound.

Answers

5. Balance
Trivia answers: 1. Cells 2. Hepcat 3. Scotland 4. Isobar

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